compulsions serve the function of neutralizing the discomfort associated with an obsession. They are usually physical actions, such as hand washing, checking things repeatedly, or seeking reassurance. But they can also be things you do in your thoughts, such as counting, praying, reviewing the past, or thinking the "right" thought. There are three main keys to understanding the compulsions of OCD. First, even though compulsions have the effect of immediately lessening the anxiety of an obsession, the effect is brief and almost always just leads to another obsession. Second, if you don't carry out the compulsion, you feel extremely anxious, almost out of control. And third, they are extremely frustrating in that you feel you must do them repeatedly, over and over again, in patterns that must be performed just right.

Cleaning and Washing Compulsions

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Checking Compulsions

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Hoarding, Saving, and Collecting Compulsions

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Repeating, Counting, or Ordering Compulsions

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Reassurance Seeking

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Miscellaneous Compulsions

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Assessing Your Avoidance Triggers

Obsessive-compulsive symptoms often lead to the avoidance of numerous situations, people, and places that activate obsessive thoughts and the accompanying anxiety. Situations commonly avoided by people with OCD include using public bathrooms, being in specific places or with people deemed "contaminated," or leaving the house without having someone available to check that the doors are locked. You may also attempt to avoid recurring horrible or disturbing thoughts. To develop an effective self-directed program, you need to identify your avoidance situations. If identifying them is difficult, review the obsessions and compulsions you listed and think about the things you avoid as a result. In the following space or in your journal, list the avoidance situations that are most